

Roasted Vegetable Quiche

Serves 4

1 leek
10 oz (300 g) pumpkin or squash
1 tablespoon butter (or vegan substitute)
6 no bake lasagna noodles
Spray oil plus 2 teaspoons refined coconut oil
1 teaspoon dry thyme
8 whole wheat cracker crumbs

Cheese sauce

4 oz (170 g) shredded cheddar cheese
(regular or vegan)
2 cups milk (regular or plant-based)
2 teaspoons corn flour



Peel and cut pumpkin into ½" (1 cm) cubes, toss with 2 teaspoons refined coconut oil then spread on baking tray in a single layer. Toast in toaster oven or broil in conventional oven for 6 minutes, turn over and toast for a further 4 minutes until pumpkin starts to caramelize. Remove pumpkin from heat.

Set oven to bake at 350 °F (180 °C).

While pumpkin is roasting, thinly slice leeks and place in a large bowl of water and rub to wash thoroughly. Use a slotted spoon to skim the leeks from the top of the water as the sand would have settled at the bottom of the bowl. Place leeks on a clean kitchen towel and press out the water. Add the butter to a heavy skillet or frying pan and heat on medium. Add leeks and stir to heat through. Sprinkle the caramelized pumpkin with the dry thyme and add to leeks stirring carefully to distribute.

To make cheese sauce, warm up 1 ½ cups of milk in a small saucepan on medium. Add the corn flour to the remaining ½ cup of milk. Add the shredded cheese to the milk being heated. When the cheese has melted and bubbles appear on the surface of the heated milk, stir the reserved milk to incorporate the corn flour then add it to the milk in the saucepan, stirring constantly. When cheese sauce thickens, add it to the leek/pumpkin mixture.

To assemble, if using individual ramekins soak lasagna briefly in boiling water to facilitate cutting in half with kitchen scissors to fit the ramekins. If using one dish, break noodles roughly in half. Layer a 1/3 of the vegetable mixture on the bottom of the baking dish/ramekins. Cover with a layer of lasagna noodles, add the next third of vegetables and a second layer of noodles, finish with a final layer of the vegetables and top with the cracker crumbs. Spray crumbs lightly with oil, and bake for 30 minutes.